"IMPACT OF PHYSICAL EDUCATION ON PSYCH0–SOCIAL, ACADEMIC AND PHYSICAL FITNESS VARIABLES WITH REFERANCE TO SCHOOL STUDENTS "

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CONTENTS

CHAPTER	TITLE	PAGE NO
I	INTODUCTION	
	1.Statement of the Problem 2. Objectives of the Study 3. Hypotheses 4. Significance of the Study 5. Delimitation 6. Limitation 7. Definitions of the Terms	
II	REVIEW OF RELATED LITERATURE	
III	METHODOLOGY	
IV	BIBLIOGRAPHY	

CHAPTER-I

INTRODUCTION

The basis of sports education or physical education starts in school. Sports education is a curriculum and instruction model designed to impart physical education programmes at the upper elementary, middle and high school level. It aims to provide children and youth with authentic and enjoyable sports experience. Sports education always complements academic learning as it develops the overall personality of the students greatly. Good sportsman is the one who learns to obey the rules of the game. Sports inculcate qualities like leadership, discipline, sharing, team work, honesty, team spirit, tolerance and many more among the students. With the passage of time, we see most of the schools are aware that education is not just academics, but extends to a holistic development of a child, and sports plays a vital role in it. Steps are taken to employ professional coaches in schools and colleges. Specific time is allotted to sports education and parents have also started getting involved by encouraging their children take up sports apart from studies. Schools in India are gradually beginning to realize the importance of sports in the overall development of children, and how vital it is to encourage them to take up sports. The growing awareness of how sports contribute to the growth of children in terms of life skills, has led parents and school authorities to encourage children to take up sports, whereas previously the focus was entirely on academics. The realization that sports help in the development of team work, trust, sharing responsibilities and working together towards a common goal has led to a spurt in the sports activities in schools& colleges.

PHYSICAL EDUCATION - AIMS AND OBJECTIVES:

The aim of physical education must be to make every child physically, mentally and emotionally fit and also to develop in him such personal and social qualities is will help him to live happily with others and build him up a good citizen.9It main aim is all round development and it can be attained through different steps or objectives:

1. Physical development.

2. Neuro-Muscular Development.

3. Mental development.

4. Social development.

5. Emotional development.

CURRICULUM:

In education, a curriculum is the total experience of a student life during educational process. Curriculum teaches a student to deal with every situation of life. "All the learning parts which are planned and radio-controlled by the school, whether it is carried on in team or individually, inside or outside of school." All values like skills, performance, attitudes are expected to learn from the school. Curriculum is planned in such a way that student and teacher should follow a sequence of instructions and on these basses a student is able to achieve goal. It depends upon the schooling arrangements for betterment of a student. School is responsible for growth and development of a student all values including syllabus, strategy, different programs and other aspects are organized by the school to

accomplish the growth and development of a student. This embraces even those drills that are typically offered outside the school such as band, student clubs, intramurals, and after school sports teams. In the learning process of a student the curriculum must include the strategy plans in a sequential order which finally helps a student for better future. Ultimately, the curriculum is a sequential plan under some experiences and instructions which helps a student to achieve goal in life.

THE CURRICULUM OF PHYSICAL EDUCATION:

Physical education is the major part of a student life as it teaches a student how to move and mould body to attain maximum healthy benefits. Without physical education the education is incomplete. A student must devote its free time in playing outside games every day. For the proper and regular growth of children physical activity plays a vital role. By variety of physical activities, a child experience joy of physical exertion which ultimately develops self-confidence, positive attitude and self-satisfaction which is essential for development of a child. Physical education provides opportunities to develop personal and social attributes; the concept of fair play, acceptance of failure and success, ability to operate in group, leading the team and team members in a proper manner in all kind of situations. All these abilities are essential for healthy lifestyle. Physical education: the major part of study provides physical, emotional, intellectual, social development of a child.

Physical. Quality physical education helps students understand how exercise helps them to develop a healthy lifestyle, gain a variety of skills

that help them to participate in a variety of physical activities and enjoy an active lifestyle.

Social. Quality physical education provides students with the opportunity to socialize with others and learn different skills such as communication, tolerance, trust, empathy and respect for others. They also learn positive team skills including cooperation, leadership, cohesion and responsibility. Students who play sports or participate in other physical activities experience a variety of emotions and learn how to better cope in stressful, challenging or painful situations.

Emotional. Quality physical education can be associated with improved mental health, since increased activity provides psychological benefits including reduced stress, anxiety and depression. It also helps students develop strategies to manage their emotions and increases their self-esteem.

Cognitive. Research tends to show that increased blood flow produced by physical activity may stimulate the brain and boost mental performance. Avoiding inactivity may also increase energy and concentration in the classroom.

Therefore, decreasing time for quality physical education to allow more instructional time for core curricular subjects – including math, science, social studies and English – is counterproductive, given its positive benefits on health outcomes and school achievement.

PHYSICAL EDUCATION AND PHYSICAL FITNESS:

The one of the major benefits of physical activity is that it helps people improve their physical fitness. Fitness is a state of well-being

that allows people to perform daily activities with vigour, participate in a variety of physical activities, and reduce their risks for health problems. In every game we have to run a little or more distance while playing and total body parts are exercised which also improves the strength, endurance, speed, flexibility and neuromuscular co-ordination of our body which ultimately help us to increase the fitness, only due to the participation in games and sports. To maintain fitness level, an individual has to take part in any sports regularly. If he/she is not taking part in any games and sports regularly, his/her fitness level will influence negative. One of the most emphatic recommendations in report from numerous federal and health promotion agencies is to increase the levels of physical activity among children and youth. Physical inactivity results in substantial, negative health consequences. Obesity, high blood glucose, high blood pressure and high blood lipids all occur more often among sedentary adults. These problems increase the risk for chronic disease such as cardiovascular disease, various cancers, type II diabetes, and hypertension.7Indeed, a direct relationship exists between leading a physically active life and developing long-term good health. Unhealthy behaviour's take many years to present themselves clinically, but there is a compelling reason to believe that helping

SPORTS IN STUDENTS' LIFE:

A sport is a learning experience. Of all who take up sports only one may eventually become a champion, but definitely all will be winners. Sports help students study better, improves concentration, problem solving, and memory. Sports teach one to develop the following: 1. Team spirit: Working towards a common goal as a member of a team,

selflessly, personal interests notwithstanding. 2. Leadership skills: Lead different people from all walks of life towards a common goal/objective. A good leader is one who leads others on to leadership.

VALUE OF PHYSICAL EDUCATION:

Physical education forms an important part of modern education. Almost every school/college can boast of a playground, and one or two teams. In every modern school and colleges, after class work, students join various sports and games. The students generally take to all kinds of physical activities and show a great deal of interest in them. Thus, Physical education is of great value.

1. Benefits to mind and body: Physical education do well both to the body and the mind. After brainwork in schools, students generally feel fatigued. In outdoor games in the afternoon, they inhale fresh air and feel energetic. These games give free play to all the organs of the body. Therefore, their health is improved. Outdoor games are played together.

2. Develops the sense of discipline: The players are given systematic instructions in physical education programs of schools and other educational institutions. They have to obey the orders of the trainer and the captain. They thus learn obedience and discipline. Outdoor games teach us to bear defeat calmly and to respect the winners. They also promote a spirit of good will and sportsmanship.

BENEFITS OF SCHOOLS HAVING PHYSICAL EDUCATION IN INDIA:

PHYSICAL EDUCATION IN INDIA TEACHES ETHICAL TRAITS:

The first benefit of physical education is that it teaches ethical traits that students need to thrive in this competitive world. The main ethics that they learn from physical education are perseverance and work ethics. Whether in physical education or sports, disputes often arise and only ethics and perseverance from the players can reduce the disputes.

PHYSICAL FITNESS:

Physical fitness is the key ingredient for a healthy lifestyle. This is why physical education is an important element in most schools. When students have regular fitness activities as part of their daily regimen, they stay fit and healthy. Regular physical activities daily help in better absorption of nutrients in the body and also helps in improving cardiovascular health and developing muscular strength.

IMPROVEMENT IN ACADEMIC PERFORMANCE:

One of the advantages of physical education is that it helps in improving the academic performance of the students. Most physical activities that students do in schools are related to higher levels of concentration which in turn help with better behaviours. Physical activities and sports activities help in boosting the knowledge learned in the classroom.

SOCIAL INTERACTION:

Apart from the classroom, physical education is the only time when students can meet and interact with their classmates and other schoolmates. It helps improve their social behaviour. During the physical education class, they learn to cooperate through various group activities and get a sense of identity from each other as well as of the team. These social activities continue to play an important role in the growth of a student into a better professional. For instance, sports are one of the best sources to instil team building, leadership, and management skills in them.

REDUCES STRESS:

There's immense academic pressure on kids lately. Most schools give importance to core subjects and students are under tremendous pressure to perform better in these subjects. Even after spending several hours in the school, they have to work on homework at home and this leaves them with little time to do anything else. And because children spend a lot of hours on academics, this leads to a lot of mental and physical pressure. Physical activity can help take some of those stress and anxiety away. Physical education in India also leads to emotional resilience and stability.

BREAKS MONOTONY, HELPS TO FOCUS:

We all know what happens to us we do not take breaks. It affects our work and we lose focus. Kids too are susceptible to this monotony. They need more than one break in a day if they are completely academically-focussed. This is where physical education comes into the picture. When students get involved with physical activity in the school, they can break the monotony and burn up the excess energy that

is causing boredom, leading them to fidget in the classroom as well as not being able to pay attention in the classroom.

LEARN THE IMPORTANCE OF STAYING HEALTHY:

We all learn by observing others. Similarly, children learn by watching our actions and behaviour's. They need someone that can act as a role model and help them to start exercising to stay fit. Physical education is one of the best ways to teach them the basics of exercising. We all know how physical education introduces students to exercises and when they enjoy that, they will continue to do it for the rest of their lives. Physical education in India is also one of the best ways to learn about the different kinds of physical activities that they can enjoy.

NUTRITIONAL BENEFITS OF PHYSICAL EDUCATION IN INDIA:

One of the main elements of physical education is nutrition and there's no denying that. Children learn about the importance of nutrition during physical education classes. They also learn about key nutritional guidelines.

LEARN POSITIVE BEHAVIOURS:

According to an old English proverb, "An idle brain is the devil's workshop," and that holds true for students who sit idle. Both classroom education and physical education keep them engaged and prevent them from going astray. And when they are engaged with physical activities, they get to work as a team. When engaged in physical education, students will also learn to value education.

KEYWORDS

Physical education and sports, ,personal development, social development, academic performance, and Physical fitness.

STATEMENT OF THE PROBLEM:

"IMPACT OF PHYSICAL EDUCATION ON PSYCH0–SOCIAL, ACADEMIC AND PHYSICAL FITNESS VARIABLES WITH REFERANCE TO SCHOOL STUDENTS "

OBJECTIVES OF THE STUDY:

1. To study the impact of physical activity schedule on physical fitness of the school children.

2. To inspect the effect of physical education schedule on academic performance.

3. To study the effect of physical education program and on psychosocial behaviour of the school children.

4. To find out the influence on psychosocial reactivity due to exposure to organise physical education program.

5. To observe the student's overall development through physical education.

6. To establish the importance of physical education program in school.

HYPOTHESIS:

1. there would be a significant influence of physical education on academic performance of school students.

2. There would be a significant influence of physical education on selected physical variable of school students.

3. There would be a significant influence of physical education on psychosocial variables of school students.

4. There would be a significant positive influence of Physical Education overall development of secondary school students.

SIGNIFICANCE OF THE STUDY:

1. The study would help to understand the development of overall personality of a through physical education.

2. The study will show the effectiveness of physical education programme on students' academic performance.
3. The study would help in inspiring all the school children for attaining higher level in sports and games.

4. The study would help in inspiring all the school children for participating in in physical education program.

5. The study will help other teachers for understanding the importance of physical education program in students.

LIMITATIONS OF THE STUDY:

1. Certain factors like nutrition Lifestyle daily work diet and other factor resulting on performance of the student is considered as limitations of the study.
2. Control over the physical activity level of student apart from the school physical activity program is considered as limitation of the study.

3. Certain factors like living condition and lifestyle of student to student may be considered as a limitation of the study.

DELIMITATION OF THE STUDY:

1. The study is delimited to the secondary school students.

2. The study is limited to the 30 secondary school boys and 30 secondary school girls only.

3. The survey will be conducted for the periods of 18 month

4. The survey is delimited to the age ranging from 11 to 13 years students

5. The study is delimited to the selected physical variables speed flexibility and agility

6. The study is delimited to the selected psychological variable anxiety self-concept and attention

7. The studies delimited to the selected socio or social variable altruism and social maturity

8. The study is limited to the selected academic performance such as Mathematics Science and social

DEFINITION OF THE TERM:

Physical education: Physical education, often abbreviated to Phys Ed. or P.E., is a subject taught in schools around the world. It is usually taught during primary and secondary education, and encourages psychomotor learning by using a play and movement exploration setting to promote health and physical fitness.

Self-concept: Self-concept is how you perceive your behaviour, abilities, and unique characteristics, at its most basic, self-concept is a collection of beliefs one holds about oneself and the responses of others.

Anxiety: Anxiety is an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure due to uncertain outcomes.

Attention: Attention, in psychology, the concentration of awareness on some phenomenon to the exclusion of other stimuli.

Altruism: Altruism is the principle and moral practice of concern for happiness of other human beings or other animals, resulting in a quality of life both material and spiritual.

Social Maturity: Social Maturity is the process of developing appropriate attitudes for personal, interpersonal, and social adequacies of an individual, which are essential for functioning effectively in the Society.

Academic performance: Academic performance involves meeting goals, achievements and objectives set in the program or course that a student attends. These are expressed through grades which are the result of an assessment that involves passing or not certain tests, subjects or courses.

Physical fitness: Physical fitness is a state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities.

Flexibility: is the ability of a joint or series of joints to move through an unrestricted, pain free range of motion.

Agility: is defined as the ability to move the limbs quickly and easily in different directions or quickness of motion.

Speed: is a way of measuring how quickly something is moving or being done, or something moving fast.

CHAPTER-II

REVIEWOF RELATED LITERATURE

Review of Literature:

Review of literature is a body of text that determines the aims to review the critical points of current knowledge including substantive findings as well as theoretical and methodological contribution to a particular topic. A recent review examining the literature relating to physical activity, fitness and academic achievement provided the following key points. The following review includes academic peer-reviewed journal articles and other sources of information such as published reports.

1. Wallhead and Buckworth (2004) - Physical education can be a powerful influence on promoting youth physical activity (PA). This review describes correlates of youth PA, examines how these factors have been targeted in physical education (PE) based interventions, and makes suggestions for PE pedagogy to promote PA. Perceived physical competence, enjoyment of PA, intention, direct help and support from parents and significant others, and opportunities to be active were consistently associated with youth PA. The large-scale PE-based PA promotion programs that were successful in increasing out-of-school PA applied a pedagogical framework targeting variables associated with motivation. PE based interventions should continue to address the nature of activities, but also utilize pedagogy that promotes psychological determinants of student motivation.

2. Ningappa(2012) - Physical Education and Sports forms an important part of educational system even when it never received the importance it deserves. Even though it is included as part of the curriculum from the early stages of education, it has never been taken seriously by the educational administrators, the academicians and the students.

Physical Education is the only professions where you talk as well as play orperform. The concept of Physical Education in the mind of general public is big round, play & play and no work. Abraham Lincoln quoted in one of his address, “Sportsman is the best Ambassador of the Nation.” Hence, the Physical Education Director/Teacher can also be the best Ambassador of our Institution / University.

3. Sanjaykumar (2013) - There are so many reasons for the downfalls of Indian sports students, may be lack of selfconfidence in players, lack of incentive to players, specific criteria for selection of players, Interference of politics in sports or some psychological factor like level of aspiration and attitude towards games and sports of students especially at school age. The students who are players have more favorable attitude towards games & sports as compared with the non-players. The aspiration levels of students who are players have lower level of aspiration as compared with nonplayer boys, The level of aspiration and attitude towards games & sports have shown the inter relationship.

4. According to A. Michalis Stylianou, Tiffany Kloeppel, Pamela Kulinna and Han van der Mars (Oct, 2016) studied the PE teacher fidelity in relation to the curricular models and outcomes of physical activity. The Dynamic Physical Education (with low, moderate, and high fidelity) classes were conducted. Observation was made to compare PA levels, lesson context, and teacher PA promotion behavior among classes. Observations on 4thand 5h grade 20 PE teachers were done thrice a day. The SOFIT instrument was used for data collection. Group difference tests and statistics are described in data analysis. The

observation instrument measures the significant differences in several items which were found among the three fidelity groups.

5. According to McKenzie & SPARK, (2016) Sports, Play, and Active Recreation for Kids, represents a highly active curriculum. On-site staff development, and follow-up support collection of exemplary, research-based, physical education and physical activity programs also displays the complexity of program (e.g., multiple school levels, inclusion of both physical education and self-management curricula). SPARK defines both diverse instructional and diverse curricular models. Initially the NIH; now known as HOPE (Health Optimizing Physical Education) funded the SPARK programs. The program evolution, dissemination, efforts with the outcomes, the background information and the studies from both the initial grants(1989-2000)of SPARK are reported in the study. This model can be of more help for further researchers' and experts in providing evidence-based physical education and PA programs.

CHAPTER - III

METHODOLOGY

The methodology adapted for the present study "Impact of physical education on psycho–social, academic and physical fitness

variables with reference to school students "selection of subjects, Survey and Experimental design, selection of variables, selection of test, collection of data and statistical procedure have been explained in this chapter.

SELECTION OF SUBJECTS:

The purpose of the study was to find out Influence of Physical Education Program on Psychological, Social, Academic and Physical Fitness variables of School students, age ranged between 11 to 13, The investigator explained the purpose, nature of the study to thirty (30) boys and thirty (30) girls students of Govt Adarsha Vidyalaya Mysore.

SAMPLE SIZE			
GENDER	BOYS	GIRLS	TOTAL
NO OF STUDENS	30	30	60

SELECTION OF VARIABLES:

INDEPENDENT VARIABLE		
01	PHYSICAL EDUCATION	PROGRAME OF 18 MONTHS

DEPENDENT VARIABLES		
SL NO	PSYCHOLOGICAL VARIABLES	TOOLS

01	Self-concept	Questionnaire
02	Anxiety	Questionnaire
03	Attention	Questionnaire
SL NO	SOCIAL VARIABLE	TOOLS
01	Altruism	Questionnaire
02	Social maturity	Questionnaire
SL NO	ACADEMIC VARIABLES	TOOLS
01	mathematics	Questionnaire
02	Science	Questionnaire
03	social science	Questionnaire
SL NO	PHYSICAL FITNESS VARIABLES	TESTS
01	Agility	Shuttle run
02	Flexibility	Sit and reach
03	Speed	30 metres fly start

ADMINISTRATION OF THE TEST:

Psychological, social and academic performance variables will be measured through standard questionnaire

SHUTTLE RUN: The performers start behind the starting line on the signal go and runs to the blocks click pickup 1st and return to the

starting line and place block behind the line then repeats the process with 2nd block then the time will be recorded as a score.

FLEXIBILITY: Sit on the floor with the hips, back, and head against a wall, and the legs fully extended and the bottom of the feet against the sit and reach box. Place hands one on top of the other and reach forward as far as possible without letting the head and back come off the wall

30 METER FLYING START: the subject takes a position behind starting line the starter uses the command or whistles then subject starts running and finishes the 13 then another test will stop the time to trials are given then the quickest time will be recorded.

COLLECTION OF DATA:

data will be collected before and after the physical education program. the pre test will be conducted for both boys and girls before the physical education program and post test will be conducted for both boys and girls after physical education program.

STATISTICAL TECHNIQUE

The following statistical techniques were used to find out the impact of physical education on psyco-social, academic and physical fitness variables with reference to school students. The “t” test and correlation were used to find out the difference between pre-test and post-test in experimental group.